



Checklist: Planning for In-Person Classes

<i>Actions to take and points to consider</i>	<i>Notes</i>
<ul style="list-style-type: none"><input type="checkbox"/> Check in with your child each morning for signs of illness. If your child has a temperature of 100.4 degrees or higher, they should not go to school.<input type="checkbox"/> Make sure your child does not have a sore throat, congestion/runny nose, cough, shortness of breath, nausea/vomiting/diarrhea, severe headache, loss of taste or smell, body aches, or fatigue.<input type="checkbox"/> If your child has had close contact to a COVID-19 case, they should not go to school. Follow guidance on what to do when someone has known exposure.	
<ul style="list-style-type: none"><input type="checkbox"/> Identify your school point person(s) to contact if your child gets sick.	Becca Poulsen (LDMS) Brittney Campbell (HWES)
<ul style="list-style-type: none"><input type="checkbox"/> Be familiar with local COVID-19 testing sites in the event you or your child develops symptoms. These may include sites with free testing available.	Rockbridge-Lexington Health Department 540-463-3185
<ul style="list-style-type: none"><input type="checkbox"/> Make sure your child is up-to-date with all recommended vaccines, including for flu. All school-aged children should get an influenza flu vaccine every season, with rare exceptions. This is especially important this year because we do not yet know if being sick with COVID-19 at the same time as the flu will result in more severe illness.	
<ul style="list-style-type: none"><input type="checkbox"/> Review and practice proper hand hygiene at home, especially before and after eating, sneezing, coughing, and adjusting a mask. Make hand washing fun and explain to your child why it's important.	
<ul style="list-style-type: none"><input type="checkbox"/> Pack a water bottle for your child each day. Bottle filling stations are available, and water fountains have been disabled.	

<p><input type="checkbox"/> Develop daily routines before and after school—for example, things to pack for school in the morning (like hand sanitizer and an additional (back up) mask) and things to do when you return home (like washing hands immediately and washing masks).</p>	
<p><input type="checkbox"/> Talk to your child about precautions to take at school. Children may be advised to:</p> <ul style="list-style-type: none"> <input type="checkbox"/> <i>Wash and sanitize their hands more often.</i> <input type="checkbox"/> <i>Keep physical distance from other students.</i> <input type="checkbox"/> <i>Wear a mask.</i> <input type="checkbox"/> <i>Avoid sharing objects with other students, including water bottles, devices, writing instruments, and books.</i> <input type="checkbox"/> <i>Use hand sanitizer (that contains at least 60% alcohol.) Make sure you're using a safe product. FDA recalled products that contain toxic methanol. Monitor how they feel and tell an adult if they are not feeling well.</i> 	
<p><input type="checkbox"/> Develop a plan as a family to protect household members who are at increased risk for severe illness.</p>	
<p><input type="checkbox"/> Make sure your information is current at school, including emergency contacts and individuals authorized to pick up your child(ren) from school. If that list includes anyone who is at increased risk for severe illness from COVID-19, consider identifying an alternate person.</p>	
<p><input type="checkbox"/> Be familiar with your school's plan for how they will communicate with families when a positive case or exposure to someone with COVID-19 is identified and ensure student privacy is upheld.</p>	
<p><input type="checkbox"/> Plan for possible school closures or periods of quarantine. If transmission is increasing in your community or if multiple children or staff test positive for COVID-19, the school building might close. Similarly, if a close contact of your child (within or outside of school) tests positive for COVID-19, your child may need to stay home for a 2-week quarantine period. You may need to consider the feasibility of teleworking, taking leave from work, or identifying someone who can supervise your child in the event of school building closures or quarantine.</p>	

<p><input type="checkbox"/> Plan for transportation:</p> <ul style="list-style-type: none"> <input type="checkbox"/> <i>If your child rides a bus, plan for your child to wear a mask on the bus and talk to your child about the importance of following bus rules and any spaced seating rules.</i> <input type="checkbox"/> <i>If carpooling, plan on every child in the carpool and the driver wearing masks for the entire trip. If your school uses the cohort model, consider finding families within your child's group/cohort at school to be part of the carpool.</i> 	
<p><input type="checkbox"/> Reinforce the concept of physical distancing with your child.</p>	
<p><input type="checkbox"/> Have multiple masks, so you can wash them daily and have back-ups ready. Choose masks that</p> <ul style="list-style-type: none"> <input type="checkbox"/> <i>Fit snugly but comfortably against the side of the face</i> <input type="checkbox"/> <i>Completely cover the nose and mouth</i> <input type="checkbox"/> <i>Are secured with ties or ear loops</i> <input type="checkbox"/> <i>Include multiple layers of fabric</i> <input type="checkbox"/> <i>Allow for breathing without restriction</i> <input type="checkbox"/> <i>Can be washed and machine dried without damage or change to shape</i> 	
<p><input type="checkbox"/> Label your child's masks clearly in a permanent marker so that they are not confused with those of other children.</p>	
<p><input type="checkbox"/> Practice with your child putting on and taking off masks without touching the cloth.</p>	
<p><input type="checkbox"/> Explain the importance of wearing a mask and how it protects other people from getting sick.</p>	
<p><input type="checkbox"/> Consider talking to your child about other people who may not be able to wear masks for medical reasons (e.g., asthma).</p>	
<p><input type="checkbox"/> As a family, model wearing masks, especially when you are in situations where physical distancing is difficult to maintain or impossible.</p>	

<p><input type="checkbox"/> If you have a young child, help build their comfort wearing a mask and become comfortable seeing others in masks.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Praise your child for wearing a mask correctly. <input type="checkbox"/> Put a mask on stuffed animals. ◦ Draw a mask on a favorite book character. ◦ Show images of other children wearing masks. ◦ Allow your child to choose their mask that meets any dress requirements your school may have. ◦ Suggestions from the American Academy of Pediatrics 	
<p><input type="checkbox"/> Consider providing your child with a container (e.g., labeled resealable bag) to bring to school to store their masks when not wearing it (e.g., when eating).</p>	
<p><input type="checkbox"/> Talk with your child about how school will look different (e.g., desks far apart from each other, teachers maintaining physical distance, possibility of staying in the classroom for lunch).</p>	
<p><input type="checkbox"/> Talk with your child about how school is going and about interactions with classmates and teachers. Find out how your child is feeling and communicate that what they may be feeling is normal.</p>	
<p><input type="checkbox"/> Try to attend school activities and meetings. Schools may offer more of these virtually. As a parent, staying informed and connected may reduce your feelings of anxiety and provide a way for you to express any concerns you may have about your child's school.</p>	
<p><input type="checkbox"/> Check if your school has any systems in place to identify and provide mental health services to students in need of support. If so, identify a point of contact for these services at your school.</p>	<p>Please contact the school counselor: Sarah Leonard (LDMS) Kristin Bailey (HWES)</p>
<p><input type="checkbox"/> Check if your school has a plan to help students adjust to being back in school. Students might need help adjusting to how COVID-19 has disrupted their daily life. Support may include school counseling and psychological services (including grief counseling), social-emotional learning (SEL)-focused programs and curricula, and peer/social support groups.</p>	

<p><input type="checkbox"/> You can be a role model for your child by practicing self-care:</p> <ul style="list-style-type: none"> <input type="checkbox"/> <i>Take breaks</i> <input type="checkbox"/> <i>Get plenty of sleep</i> <input type="checkbox"/> <i>Exercise</i> <input type="checkbox"/> <i>Eat well</i> <input type="checkbox"/> <i>Stay socially connected</i> 	
<p><input type="checkbox"/> Please take time to review the current CDC guidance regarding social gatherings and holidays.</p> <p>https://www.vdh.virginia.gov/coronavirus/schools-workplaces-community-locations/social-gatherings/</p>	